

## FREE TO YOU—MY SISTER



FREE TO YOU AND EVERY SISTER SUFFERING FROM WOMEN'S AILMENTS.

I am a woman.  
I know woman's sufferings.  
I have found the cure.  
I will mail, free of any charge, my home treatment with full instructions to any sufferer from women's ailments. I want to tell all women about this cure—you, my reader, for yourself, your daughter, your mother, or your sister. I want to tell you how to cure yourselves at home without the help of a doctor. Men cannot understand women's sufferings. What we women know from experience, we know better than any doctor. I know that my home treatment is a safe and sure cure for Leucorrhoea or Whitish discharges, Ulceration, Displacement or Falling of the Womb, Profuse, Scanty or Painful Periods, Uterine or Ovarian Tumors or Growths, also pains in the head; back and bowels, bearing down feelings, nervousness, creeping feeling up the spine, melancholy, desire to cry, hot flashes, weariness, kidney and bladder troubles where caused by weaknesses peculiar to our sex.

I want to send you a complete 10 days' treatment entirely free to prove to you that you can cure yourself at home, easily, quickly and surely. Remember, that it will cost you nothing to give the treatment a complete trial; and if you should wish to continue, it will cost you only about 12 cents a week, or less than two cents a day. It will not interfere with your work or occupation. Just send me your name and address, tell me how you suffer, if you wish, and I will send you the treatment for your case, entirely free, in plain wrapper, by return mail. I will also send you free of cost, my book—"WOMAN'S OWN MEDICAL ADVISER" with explanatory illustrations showing why women suffer, and how they can easily cure themselves at home. Every woman should have it, and learn to think for herself. Then when the doctor says—"You must have an operation," you can decide for yourself. Thousands of women have cured themselves with my home remedy. It cures all, old or young. To Mothers of Daughters, I will explain a simple home treatment which speedily and effectually cures Leucorrhoea, Green Sickness and Painful or Irregular Menstruation in Young Ladies. Plumpness and health always result from its use. Wherever you live, I can refer you to ladies of your own locality who know and will gladly tell any sufferer that this Home Treatment really cures all woman's diseases and makes women well, strong, plump and robust. Just send me your address, and the free ten days' treatment is yours, also the book. Write to-day, as you may not see this offer again. Address: MRS. M. SUMMERS, Box H. 88 WINDSOR, Ont.

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## Woman and the Home.

## Early Marriages.

A sweet young girl of only nineteen writes of her engagement to a young man who is but little her senior, not yet twenty-one, and says that though he is one of whom her parents cannot but approve, a member of the same church as herself, industrious, thrifty, honest and upright, her mother wishes the marriage postponed because they are too young, and because "all men are alike," and she dreads to see her daughter repeating her own experience, which, the daughter writes, "has been a baby every year or two since her marriage."

And, under the circumstances, it is hard to advise. The mother has her daughter's best interests at heart and should be her best counsellor. But though I was once greatly opposed to early marriages, I have known from observation that very many marriages made when both parties were young have resulted very happily. And, as a dear woman who has had some heart-rending experiences in her own girlhood once said to me: "I think it is wisest that some of our boys and girls should marry young. It steadies them and some are particularly subject to temptations that might overcome them and ruin their lives."

And so, dear girl, I do not know. I can only say, talk over the matter again with your mother, weigh her objections very carefully, and she should also talk with the young man, as you cannot, and be sure that he understands the full nature of the responsibilities he would assume. Though he is so very young, perhaps observation has given him some lessons, too, and led him to the determination to prove, as it has to others, that all men are not alike in their marriages and home relations. Some there are whose love is stronger than desire, whose higher natures rule the lower, the spiritual the physical, and to whom the vow to love, honor and cherish is not a mere meaningless repetition of words in the marriage ceremony, but the most solemn vow a man can make in this life, who know that if they and the sweet young girls they have won for their wives are to know true happiness together each must practice self control in all things, after marriage as well as before.

As to the baby every year or two, while the majority of women welcome maternity and rejoice in the blessings of motherhood, and perform its duties cheerfully, yet—there is a limit to the mother's powers, and when she must be also nurse, cook, laundress, seamstress, and housekeeper, and there is not means to comfortably provide for a large family, she should place a limit upon the number of offspring.

## Superior Women.

I so often hear some one say: "Is not that a very superior woman," and I come to wonder or think about these superior women and ask myself what constitutes an ideal woman. Is it one of those women who go about seeking to do their duty by showing other people where they are remiss? By giving advice to everyone, whether asked or not? And who are far too good and pure to come in contact with sin or suffering? Is it that woman who is always talking about some special mission and neglects all those duties which lie nearest while she looks for something higher? No, not her. My ideal superior woman has a mission—always has a mission. And it is to make life brighter and happier for those around her; she makes the best of her surroundings, pleasant or otherwise. She is sure to have the love and respect of everyone. And the fallen or afflicted know her by the helping hand she extends, and the

kind, helpful words which fall from her lips. Some way, by intuition, she knows how to bring out the best qualities of those about her, and believes in the goodness of her fellow men. I have seen her when "the world" held up its hands in horror and condemned some "poor unfortunate." She would be so sweetly charitable, willing to allow repentance and present good conduct to atone for mistakes and wrong-doing in the past, believing with Longfellow, "Let the dead past bury its dead."

But she does demand the same code of morals for both sexes, and thinks that equal purity and co-education of the sexes is best possible and desirable, and hopes and prays for the day when the unwritten law of equal morals for both sexes will govern society. In her work as wife, mother and home-maker she is doing a noble work. Love reigns there, and truth, justice and charity are some of the lessons taught. She knows she cannot change the world and its ways, but she tries to so educate her boys and girls that they may not yield to its many temptations. She knows that a broad, generous education is what is most needed—educated, deep-thinking, cultured men and women who bravely proclaim their ideas for the mental and moral advancement of the world and the progress of true civilization. I believe these are some of the characteristics of a superior woman, although she may never realize the fact herself. In every sense of the word she is a noble, true-hearted, honest woman who tries to live and to be just what she wishes her children to be, and although the true beauty and unselfishness of her character is not fully understood at the time by them, it is afterwards, and strengthens them for the trials and temptations which come in after years to one and all. The world is full of these mothers, wise, great-hearted and true, whose moral bravery fits them to adorn the highest station in life; whose happy homes are their reward for doing their daily duty, and whose influence will be far-reaching and powerful.

## Is it Worth While?

The question is often asked if the higher education is worth while—if enough is gained to compensate for the means, the time and strength expended. To one who has attained the heights and looks back to the mediocre condition from whence he has climbed, such a question seems preposterous.

He has found that education has not only trained the mind and revealed unknown mental powers, but it has opened up new and rare fields of enjoyment and opportunity. So much of nature that was before but a closed book is now an unending and constant source of enjoyment. The hidden courses of things, elementary forces and their work through countless ages, have been revealed to him; the secret of the stars has been told and the scroll of the universe unrolled; the best and greatest men of all ages have become through the printed page his instructors and friends; the echoes of the past are in his ears, presaging yet greater things and greater hope for the future; his nature has been deepened, enriched and broadened in every way, enlarging by many fold his capacity not only of enjoyment, but of usefulness to his fellow men; he is like a king that has come to his inheritance, who finds his life so rich and full and joyous that he cannot imagine how one can question if it were worth while to seek it.

Pale, sickly children should use Mother Graves' Worm Exterminator. Worms are one of the principal causes of suffering in children and should be expelled from the system.

## HOUSEHOLD

SUPERVISED BY

**Apple Sherbert.**—Cook apples in one quart of water to taste with sugar when tender, rub through and freeze; when partly stiffly beaten whites. Serve in chilled apple.

**Fig Cream.**—Cook one of figs in a cupful of water; chop fine. Beat the eggs and a pinch of salt until dry; then add a spoonful of sugar and constantly. Bake in about half an hour; serve figs, stuffed nuts, and p.

**German Apple Cake.**—flour, one and one-half salt, mixed and sifted, tablespoonfuls of butter, egg, and milk to make. Spread one inch deep in tins, have ready several and quartered apples, with dough, sprinkled sugar mixed with a little. Bake in a hot oven.

**Fried Bananas.**—Cut half, lengthwise, roll the macaroons, then in flour fat until lightly colored paper. Serve with a syrup cupful of sugar and boiled together for five mixed with one-half cup jelly. When the jelly is tablespoonful of lemon an entree.

**Creamed Chicken.**—Cook pan two tablespoonfuls one of flour, and when well blended add a little a cupful of roast chicken to small dice, onion juice per to taste. Cook for ten ring steadily, then add boiled egg and a cup of with a pinch of soda. Bake in paper cases if you wish.

**Omelette with Sausage.**—morning there is no than one made savory which should be partly ned, if the sausage link minced fine. Then beat to six eggs. Have spoonful of butter hot in the eggs, shake gently. When set, add the minced the omelette and serve.

**Rice and Raisin Pudding.**—one cupful of rice, one of butter the size of an egg of raisins. Simmer the milk until tender; remove to cool. Well when the eggs, and add to the rest of the milk, sugar, well beat the whites of the raisins and add to ingredients. Grate nutmeg, bake one hour.

**Steamed Golden.**—four ounces of finely sh eggs, half a lemon, two crumbs, two tablespoonfuls of syrup. Mix the dry together, then beat up the in the syrup, also the juice of half a lemon. tered mould, tie down steam one and one-half with a little hot golden round.

**Eggs and Mushroom.**—whites of six hard-boiled chop them rather fine rooms. Into a frying-pan spoonful of butter and a tablespoonful of flour smooth. Pour in half a and stir the mixture up a dash of pepper, a little good pinch of curry powder, then add the egg rooms and cook for a minutes. Serve hot. This to either dinner, luncheon.

**Veal Soup.**—Take joint of veal weighing pounds, and cover with cold water; boil gently for then add one-quarter of previously cooked tender, boiled rice, season to and pepper, boil up once.